



A MINUTE OF HEALTH WITH CDC

Contact Lens Safety

Contact Lens Health Week — August 22-26, 2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Contact lenses are a convenient alternative to glasses, but improper care and use can result in infections which can lead to eye damage. Many of these infections can be prevented. If you wear contact lenses, don't sleep in them or wear them for longer than prescribed. Clean your lenses on a regular basis and store them properly when not in use. Don't add new contact lens solution to old solution that's been sitting in the case. Visit your eye doctor at least once a year. You can help prevent most lens-related eye infections by practicing good hygiene and following your eye doctor's instructions.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.